

Jenkintown School District
Breakfast Menu

January 2026



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29	30	31	1	2	Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.
5 WG Funfetti Pancakes or Cereal Bar with Graham Crackers	6 Blueberry Muffin or Cereal Bar with Graham Crackers	7 Tony's Breakfast Bagel or Cereal Bar with Graham Crackers	8 French Toast or Cereal Bar with Graham Crackers	9 Apple Muffin or Cereal Bar with Graham Crackers	Whole Grain Cereal Bars Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors
12 Mini Cinni Rolls or Cereal Bar with Graham Crackers	13 Bagel Egg, & Cheese Sandwich or Cereal Bar with Graham Crackers	14 Blueberry Bread or Cereal Bar with Graham Crackers	15 French Toast or Cereal Bar with Graham Crackers	16 Banana Muffin or Cereal Bar with Graham Crackers	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
19 NO SCHOOL	20 Cherry Frudel or Cereal Bar with Graham Crackers	21 Whole Grain Donuts or Cereal Bar with Graham Crackers	22 WG Eggo Waffles or Cereal Bar with Graham Crackers	23 Pumpkin Bread or Cereal Bar with Graham Crackers	Choice of Milk 1% white or fat-free chocolate
26 Apple Frudel or Cereal Bar with Graham Crackers	27 Breakfast on a Stick (Pancake/Turkey Sausage) or Cereal Bar with Graham Crackers	28 Chocolate Chip Muffin or Cereal Bar with Graham Crackers	29 WG Eggo Pancakes or Cereal Bar with Graham Crackers	30 Reduced Sugar Cereal Bowl Selection or Cereal Bar with Graham Crackers	All Offered Breakfast Items meet USDA Child Nutrition Program's criteria for Grain and Whole Grain-Rich meals. All items are free from artificial flavors, colors and high fructose corn syrup. Name Brand items are formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts. Reduced Sugar, Reduced Fat. Healthy Start!
Metz Culinary at Jenkintown Chris Talmadge, General Manager Chris.Talmadge@metzcorp.com		Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85			

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

